

Creating a Nutrition Policy Toolkit for Community Food Banks and Meal Programs in Seattle, WA

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BACKGROUND

- This project focused on providing resources to Seattle-based food banks and meal programs for developing nutrition policies for both food procurement and food donations & rescue.
- Several actions in Seattle's Food Action Plan that aim to create a more equitable food system align with this project.



- Washington Food Coalition (WFC) report on nutrition policies showed that nutrition policies are effective tools for increasing the supply of nutritious foods in food banks.
- Many agencies interested in implementing nutrition policies indicated **a need for additional support and technical assistance.**

PROJECT GOALS

- **Identify nutrition policy needs among Seattle-based agencies.**
- **Create a toolkit with resources that agencies can reference when developing nutrition policies.**

A world of

HEALTHY PEOPLE

NUTRITION POLICY INTEREST

A nutrition policy is an official statement and commitment made by an organization to the people they serve, and it guides the decision making for food procurement and receiving donations.



COMMON CHALLENGES

- Little capacity to develop a policy.
- Implementing a policy once it is written.
- Tracking inventory takes time and resources.
- Fear of putting a strain on donor relationships.

RECOMMENDATIONS

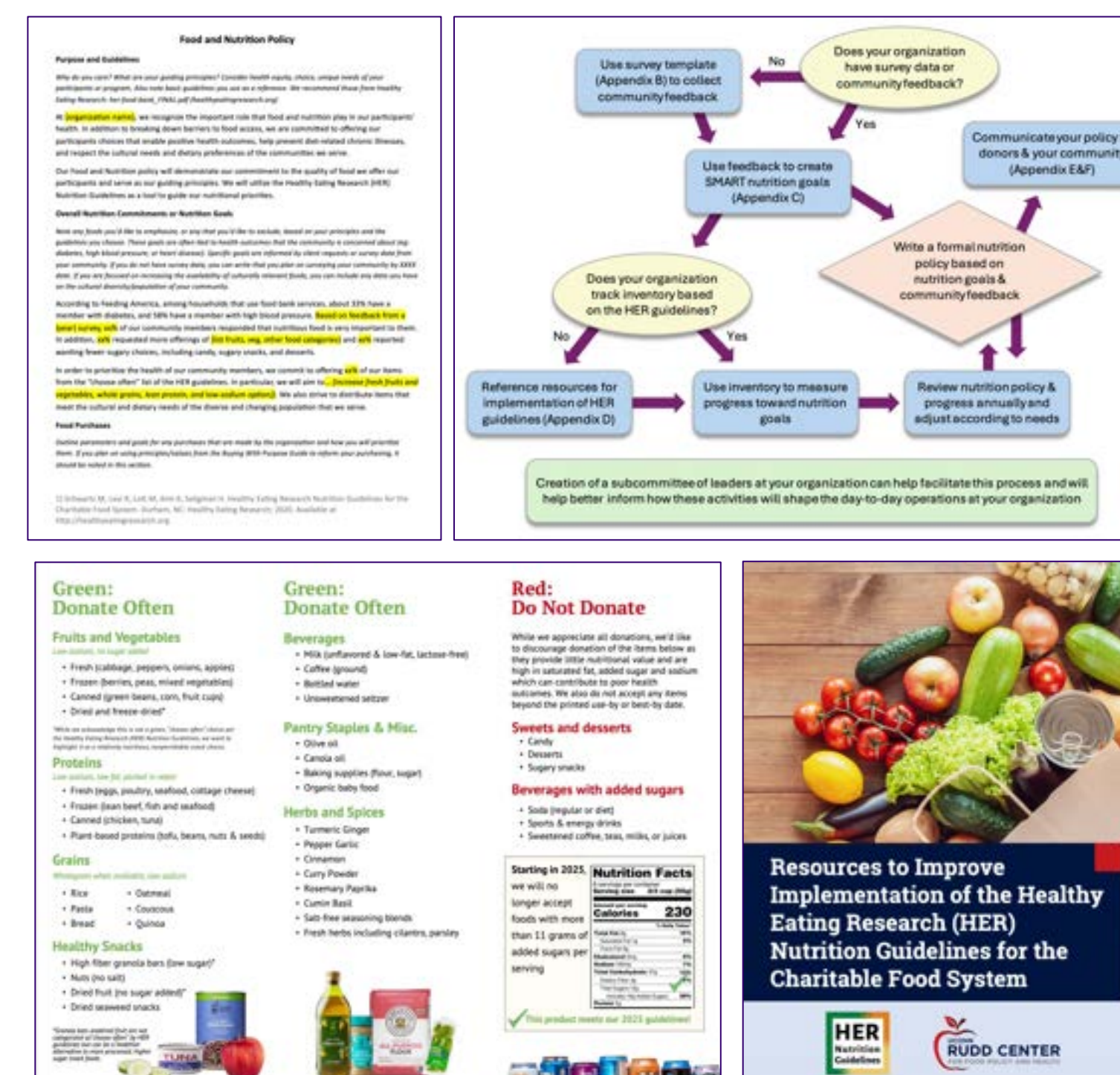
Recommendations for policy development:

1. Engage with your community.
2. Set SMART nutrition goals.
3. Start tracking food inventory using the Healthy Eating Research (HER) guidelines.
4. Create a subcommittee of leaders at your organization to work on developing a nutrition policy.

Recommendations for policy implementation:

1. Implement your policy with a phased approach.
2. Create a guide for how the policy will be used internally at the organization.
3. Communicate your policy with donors and your community.

RESOURCES



NEXT STEPS

- Resources & recommendations will be shared with HSD staff and agencies in the Seattle Food Committee, Meals Partnership Coalition, and Washington Food Coalition.
- Recommendations for HSD to continue to support agencies as they work toward developing and implementing nutrition goals:
 1. Create small goals for agencies to achieve over time that bring them closer to developing a nutrition policy.
 2. Set up indicators that can be used to measure the success of a policy.
 3. Encourage and facilitate communication among agencies wanting to develop policies.

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